



EAT RIGHT

F O R L I F E

How Heart Healthy Are You?

Do you know your cholesterol number?

The amount of cholesterol in your blood is important. Having too much cholesterol may cause clogged arteries in your heart, making it hard for blood to get to the cells of the heart. This can cause chest pain. If an artery gets completely blocked, you may have a heart attack.

Blood cholesterol levels for adults are usually between 100 and 400. If your cholesterol level is 200 or more, see a doctor. This is especially true if you smoke, have high blood pressure or diabetes, or if anyone else in your family has had heart disease before the age of 55. When your cholesterol level is 240 or more, you are getting into a danger zone. People with levels above 240 are most likely to have heart problems.

- Low RiskLower than 200
- Borderline Risk200 to 239
- High Risk240 and higher

What makes blood cholesterol levels high?

- The foods you eat
- Family history of heart disease
- Being overweight
- Not enough exercise
- Being male

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What can you do to lower your blood cholesterol level?

Watch the foods you eat...

- Eat less fat.
- Eat less saturated fat.
- Eat less cholesterol.
- Eat more fiber.

Watch your weight...

- Lose weight if you are overweight. Body mass index (BMI) is a measure of body fat. BMI categories are:
 - Underweight = less than 18.5
 - Normal weight = 18.5-24.9
 - Overweight = 25-29.9
 - Obesity = BMI of 30 or more(See chart on back.)

Be active...

- Exercise often. Walk, run, or swim.

What can you do to lower high blood pressure?

- Eat less sodium.
- Exercise
- Lose excess weight



Take your health seriously. It is up to you to keep your heart healthy.